

LESSON 4: STATIONARY MOVEMENTS



acknowledgement
attention
double time
halt
quick time
rest
steps

PURPOSE

The individual positions and stationary movements are the basic skills required in drill. You will learn these positions and the correct execution of them before proceeding to other drill movements, such as facing and marching and squad drill.

INTRODUCTION

These basic skills are necessary to master because they are building blocks for other movements used during *Leadership Lab*. Additionally, they are important for you in developing discipline and self-confidence and for your unit in ensuring uniformity of movement and improving its overall effectiveness and efficiency.

STATIONARY MOVEMENTS

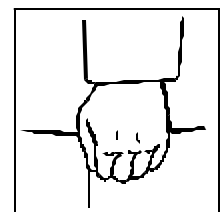
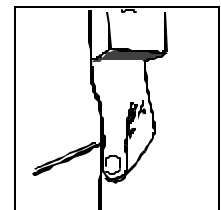
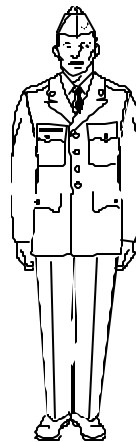
Stationary movements include **attention** and **rest** positions, facing, and saluting. These movements, along with marching techniques, make up the squad and platoon movements. In drill, you start most of your movements from the position of attention; however, you will discover that in some

instances, you execute certain rest movements from other rest positions.

POSITION OF ATTENTION

You assume the position of attention on the command “*fall in*” or “*squad (platoon, etc.), attention.*”

To assume the position of attention, bring your heels together sharply on line, with your toes pointing out equally, in a 45-degree angle. Rest the weight of your body evenly on the heels and balls of both your feet. Keep your legs straight without locking your knees. Hold your body straight with the level of your hips, chest lifted and arched, and shoulders square. Keep your head and face straight to the front, with your chin drawn in so that your head and neck are on a vertical line.



Let your arms hang straight without being stiff. Curl your fingers so that the tips of your thumbs are alongside and touching the first joint of your forefingers. Keep your thumbs straight along the seams of your trouser leg, with the first joint of your fingers touching your trousers. While you are in this position, stand still and remain silent unless otherwise directed.

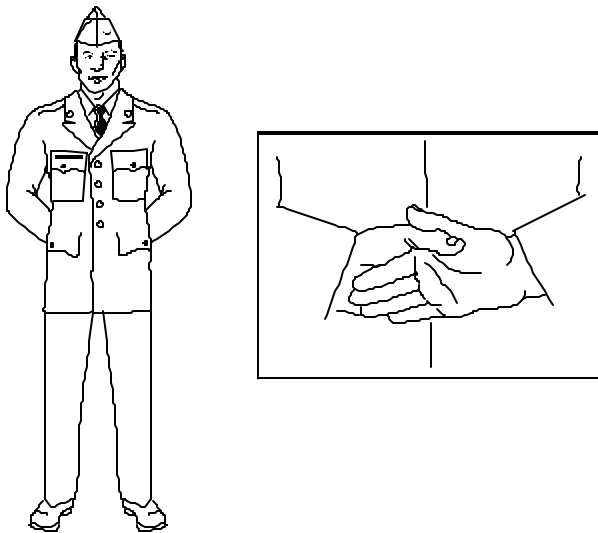
POSITIONS OF REST

PARADE REST

A drill leader can only give the command for this rest position from the position of attention. The command for it is “*parade, rest.*”

On the command of execution “*rest,*” move your left foot about 10 inches to the left of the right foot. Keep your legs straight without locking your knees, and rest the weight of your body equally on the heels and balls of both feet.

At the same time, center your hands at the small of your back on your belt. Keep the fingers of both hands extended and joined, interlocking your thumbs so that the palm of your right hand is outward. Keep your head erect as you would in the position of attention. Remember to remain silent and do not move unless otherwise directed.



From the position of parade rest, you may execute “*stand at ease,*” “*at ease,*” and “*rest.*”

STAND AT EASE

The command for this movement is “*stand at ease.*” On the command of execution “*ease,*” execute parade rest, but turn your head and eyes directly toward the leader of the formation. You may execute “*at ease*” or “*rest*” from this position.

AT EASE

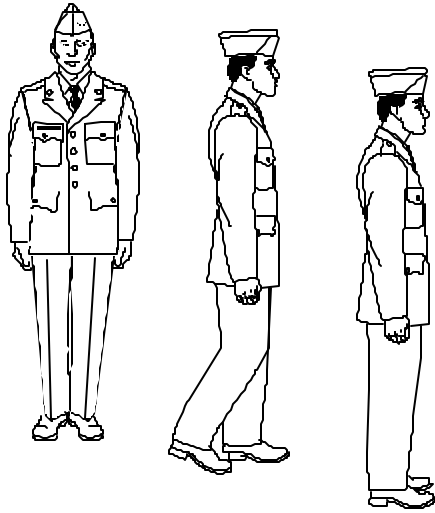
The command for this movement is “*at ease.*” On this command, you may move; however, you must remain standing and silent with your right foot in place. You may execute “*rest*” from this position.

REST

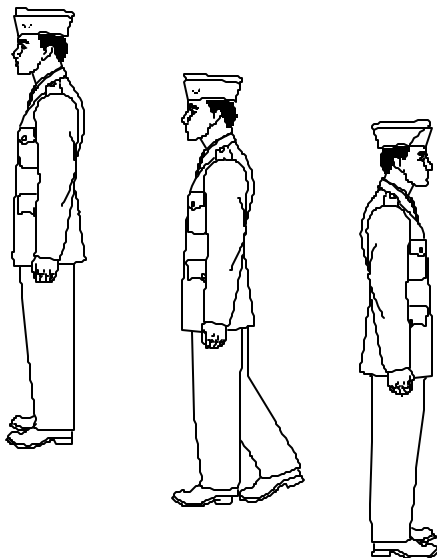
The command for this movement is “*rest.*” On this command, you may move and talk unless otherwise directed. However, you must remain standing with your right foot in place. You may execute “*at ease*” from this position.

FACING

Facing, left or right, is a two-count movement. The command is “*left (right), face.*” On the command of execution “*face,*” slightly raise your right heel and left toe and turn 90 degrees to the left on your left heel, assisted by a slight pressure on the ball of the right foot. Keep your left leg straight without stiffness and allow your right leg to bend naturally. On the second count, place your right foot beside the left foot, resuming the position of “*attention.*” Your arms remain at your sides, as in the position of attention, throughout this movement.



Facing to the rear is also a two-count movement. The command is “*about, face.*” On the command of execution “*face,*” move the toe of your right foot to a point touching the marching surface about half the length of your foot behind you. Rest most of your body weight on the heel of your left foot, and allow your right knee to bend naturally. On the second count, turn to the right 180 degrees on the left heel and ball of your right foot, resuming the position of attention. Again, your arms remain at your sides throughout this movement.



THE HAND SALUTE

The hand salute is a one-count movement. The command is “*present, arms.*”

When a drill leader commands “*order, arms,*” you may release the salute. “*Order, arms*” is a one-count movement. On the command of execution “*arms,*” return your hand sharply to your side, resuming the position of attention. You execute the hand salute while marching alone; however, if you are a member of a unit, the leader salutes for the entire unit. If you are alone and at a **double time**, you must first come to **quick time** before you can execute the salute.

When reporting or showing courtesy to an individual, turn your head and eyes toward the person and salute at the same time. Subordinates initiate the salute at the appropriate time and terminate it upon **acknowledgment**.

CONCLUSION

In this lesson, we have learned the basics to completing stationary movements in drill. The stationary movements include the positions of Attention, Rest, Facing, and the hand salute.

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